

Kenyan-inspired Githeri



Equipment:

- Tin opener
- 1 saucepan
- Spoon

Ingredients (serves 2)

- 1 tin Red kidney beans drained and rinsed
- 1 tin of sweet corn
- ½ tin Chopped tomatoes
- Salt to taste
- Seasonings of your choice e.g. Curry powder, paprika, Chilli powder

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Pour the beans, corn and tomatoes into the pot and add 1 cup of water. Heat the saucepan to a medium heat.
2. Add the seasoning while stirring for another minute to prevent burning.
3. Add salt, cover the pot and allow to cook for about 15 minutes.
4. Serving suggestion: rice or couscous

Kenyan-inspired Githeri



Equipment:

- Tin opener
- 1 saucepan
- Spoon

Ingredients (serves 4)

- 2 tin Red kidney beans drained and rinsed
- 1 tin of sweet corn
- 1 tin Chopped tomatoes
- Salt to taste
- Seasonings of your choice e.g. Curry powder, paprika, Chilli powder

- ✓ **Halal**
- ✓ **Gluten-free**
- ✓ **Dairy-free**
- ✓ **Vegan**

Steps:

1. Pour the beans, corn and tomatoes into the pot and add 1 cup of water. Heat the saucepan to a medium heat.
2. Add the seasoning while stirring for another minute to prevent burning.
3. Add salt, cover the pot and allow to cook for about 15 minutes.
4. Serving suggestion: rice or couscous